

the Wharf

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Taste of genius

Has this chef just served the Wharf's finest ever meal?

PAGE 12

SPECIAL REPORT



BURSTING POINT

Pop. 2001

24,831

▲ Pop. 2011
46,410

▲ Pop. 2021?
71,241

An Isle of Dogs councillor has forecast that if all the housing projects in the pipeline go ahead, the Island's resources will be tested to breaking point.
Pages 4-5

FREE

OCTOBER 11, 2012



Inside



PROPERTY

Will Wharf be the new Hong Kong?

Chinese snap up homes and space for business

P3



Paint smear or powerful statement?

Anger grows over provocative art

P3

WIN

Tickets to Kristen Stewart's new movie

P61



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Re:Spa
PAGE 51



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WEATHER

16C TODAY Sunny

13C FRIDAY Partly cloudy

12C SATURDAY Light rain

12C SUNDAY Showers

12C MONDAY Mostly cloudy



TRAVEL

TUBE & DLR
DLR and Jubilee line are both fine.

ROADS

The Michael Jackson Immortal Word Tour at The O2 could cause congestion in the area this weekend.

Don't even
THINK of going
home until
4.30pm
when you can
check our
travel update

INSIDE

NEWS
Pages 1-11

P7

FOOD & LIFE
Pages 12-14 / 51

P8

PROPERTY
Pages 15-50WHAT'S ON
Pages 52-53FEATURES
Pages 55-61SPORT
Pages 62-63

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ESTABLISHED 1998

Agenda

Release me from the grip of veggies

I have turned into one of those people who talk about organic vegetables. I caught myself doing it at a wedding, for God's sake. There was alcohol, and music, and dodgy dancing, and gossip, and lots of other mildly entertaining things I could have been doing.

But there I was, balancing someone else's baby on my knee and talking about low carb cauliflower couscous. Shoot me now.

I don't want to be organic broccoli lady.

She's from the same twisted family that spawned "new washing machine woman" and "interest rate mortgage

BLONDE'S
EYE VIEWANGELA
CLARKE

lender guy". No-one wants to go to the pub with them.

If I'd wanted to prove my unutterable dullness I should have just kept the child I was holding, and posted endless photos of it on Facebook.

It's like I closed my eyes for a second and misplaced my life. I could have been talking about anything: Syria, Mitt Romney, the finer intricacies of *Gangnam Style*.

But no, I pulled from the greater depths of my cultural conscious: locally sourced, responsibly grown carrots. In a delivery box, no less.

Watch this space, next I'll be

droning on about getting an allotment and growing the buggers.

I took immediate steps to rectify the situation – I thrust the baby back into its mother's arms. (She was not best pleased, as she'd been enjoying a large glass of Pinot Grigio at the time.)

I then informed the group all talk of Swiss chard would cease, and I was ordering a round of Sambucas. Because, as we all know, nothing says young, carefree and totally unorganic than a raging hangover. Pass the beetroot juice, please.

Find Angela on twitter:
@TheAngelaClarke

Reuters' view



Prime Minister David Cameron laughs as he listens the keynote speech from London Mayor Boris Johnson, at the Conservative Party conference

A week
in photos
Page 58

60 Second Wharf

NEWS

The unnecessary legacy

In the shadow of the Olympic Stadium an epidemic of Type 2 diabetes looms, say researchers.

Page 6

Rhymes and reasons

Poet Rosie Johnston is ready to launch her new compilation and tells us about her inspirations.

Page 10

Circling the date

Wharfers from south of the river can circle a December date as the moment the Overground links up.

Page 11

FEATURES

Rum returns to docks

Rum was introduced to this country via the capital's docks – now it's doing the same thing all over again.

Food / Page 12

Reaching new heights

Outdoors In The City offers corporate clients a taste of team-building with the challenging Leap of Faith.

Life / Page 14

Home from home

Greenwich actor Jacob Addley, 21, will be treading the boards on home territory in a challenging Brecht epic.

What's On / Page 2



P10

Corrections & Clarifications

At *The Wharf*, we pride ourselves in journalism that is honest, accurate and fair.

Our journalists adhere to the Editors Code of Practice, which sets the benchmark for high professional standards and is enforced by the Press Complaints Commission. If we do slip up, we promise to set the record straight on this page in a clear, no-nonsense manner.

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Anti-capitalist mural likely to be destroyed over fears that it is anti-Semitic

Beth Allcock & Giles Broadbent
The Wharf

Whitewash – not always a good colour for Tower Hamlets Council but with an anti-capitalist mural in Hanbury Street, it may prove a popular solution.

The piece – *New World Order* – shows wealthy businessmen playing Monopoly “on the backs of the working classes” is the work of LA artist Mear One – real name Kalen Ockerman.

Opponents say it carries anti-Semitic overtones. The artist himself says they are “playing the race card”.

Chairman of No Place For Hate forum, the Rev Alan Green, Rector of St John on Bethnal Green, said: “This mural uses images that have for centuries been used to incite hatred and persecution against Jewish communities. There is no place for such incitement against any community in this borough.”

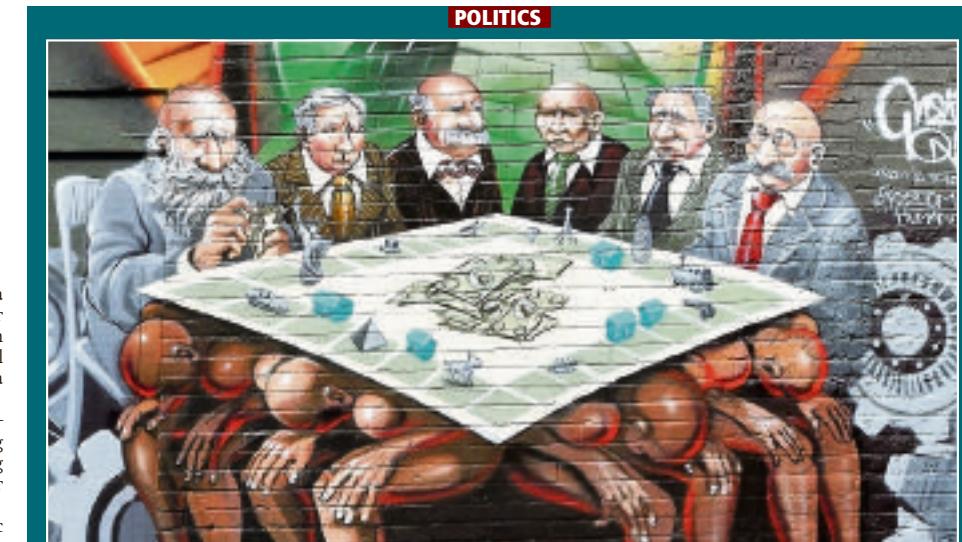
Isle of Dogs Conservative Cllr Peter Golds raised concerns about the work in what was once the heart of the East End’s Jewish community. He contacted the police, who took statements, and Tower Hamlets Council.

Cllr Golds said: “It’s the kind of caricature that was prevalent in 30s Germany, with hooked noses, men with beards and money and masonic symbols, considered to be designs that the Nazi’s specialised in.”

“I have had a considerable number of residents who have been in touch with me, from across the spectrum.”

“What I would like is enforcement action to have the mural removed – this is a polemic work designed to cause racial hatred.”

And in an unusual show of accord across the political spectrum, executive mayor Lutfur Rahman is equally horrified and has ordered his officials to “do everything possible”



Part of the wall in Hanbury Street that has caused offence. Below: Artist Mear One

POLITICS

Protesters line up against the wall

WHAT YOU SAY

■ It’s not anti-Semitic. It’s anti-ruling class. They are bankers, and bankers rule the world. The critics are either overly sensitive or playing the anti-Semitic card because they understand the real meaning and don’t like it.

Brian Hakes

■ Several Jewish people in the community have found this offensive and, for the sake of community relations it would probably be better if it were removed.

Josh McLellan

to have the graffiti-style mural removed – although the wall is not council property.

An enforcement notice means the owner of the wall will have to remove the mural within 28 days although the artist wants a rally to save his artwork.

The mayor said: “Whether intentional or otherwise the images of the bankers perpetuate anti-Semitic propaganda about conspiratorial Jewish domination of financial and political institutions.

“I am of the view that,

where freedom of expression runs the risk of inciting racial hatred it is right that such expression should be curtailed.”

On a website message board, the artist called for a rally to save the work.

He said: “My mural is about class and privilege. The banker group is made up of Jewish and white Anglos. For some reason they are saying I am anti-Semitic. This I am most definitely not.

“I believe in equality and brother and sisterhood on a global scale. What I am against is class.”



Chinese set to snap up prime docks site

A CHINESE firm looks to have secured approval to redevelop the area around Royal Albert Dock.

The project to transform 35 acres north of the London City Airport was put out for tender in a joint scheme between Newham and London Mayor Boris Johnson in August.

Now the Mayor’s spokesman said it had identified a venture by Chinese firm Advanced Business Parks and its UK partner Stanhope as the bid preferred to take the project forward.

The spokesman said: “The Mayor is seeking to progress to the final stage of the procurement process with ABP. Proposals are still being formulated, but allow for the creation of an employment-led, mixed-use development that will establish Royal Albert Dock as a premier business and leisure destination.”

He added he hoped final terms



Development area marked in blue

would be agreed with ABP on the proposal later this year leading to speculation that a cluster of Chinese firms could move in.

Stanhope’s boss David Camp is reported to have visited an ABP site an hour from Beijing.

He said: “About 15million sq ft has been built and occupied by hundreds of companies you have never heard of – companies that ABP think will want to establish European HQs in a similar sort of spot in London.”

Property / Page 15

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NEWS IN BRIEF

Around east London

Rescuers pluck man from river

ISLE OF DOGS A man was saved from drowning in a dramatic rescue operation in the River Thames early on Wednesday morning.

A member of the public had heard a man screaming by Storers Quay. The rescue crew from the helicopter tracked the man, shining a beam on to him from above.

This allowed members of the Marine Policing Unit to rescue him and to take him to Greenwich Pier. He received treatment for his injuries.

Time Lord lines up MCM date

ROYAL DOCKS Doctor Who’s Matt Smith, pictured, is one of the stars due to attend the MCM London Comic Convention later this month.



The event, held at the Excel centre between October 26 and 28, will also see *The Walking Dead* and *Shawshank Redemption* actor Jeffrey Demunn meet fans. Go to londonexpo.com

Residents check out news on NI

WAPPING An exhibition at the old News International offices in Wapping drew over 250 residents in four days.

Developer St George held six pop-up events around the area as part of a consultation to find out what the public wants to see at the site.

Go to londondockconsultation.co.uk.

Cover Story

1

COLUMBUS TOWER

Location: West India Quay
Details: No homes but 192-hotel and 74 serviced apartments
Status: Approved but building work yet to start

2

CITY PRIDE

Location: Westferry
Details: 619 homes in a 62-storey development
Status: Outline permission granted

3

AUDI SITE

Location: Millharbour Quarter
Details: 2,000 homes next to Pan Peninsula
Status: In consultation over the Norman Foster structures

4

CUBA STREET

Location: Next to City Pride
Details: 429 flats, 120-room hotel and office space
Status: Consultation on mixed-use development

5

SKYLINES

Location: Marsh Wall
Details: 775 homes in 50 storeys
Status: 2010 plans still in consultation

6

ASDA SITE

Location: East Ferry Road
Details: 800 homes and new facilities
Status: Approved by Tower Hamlets



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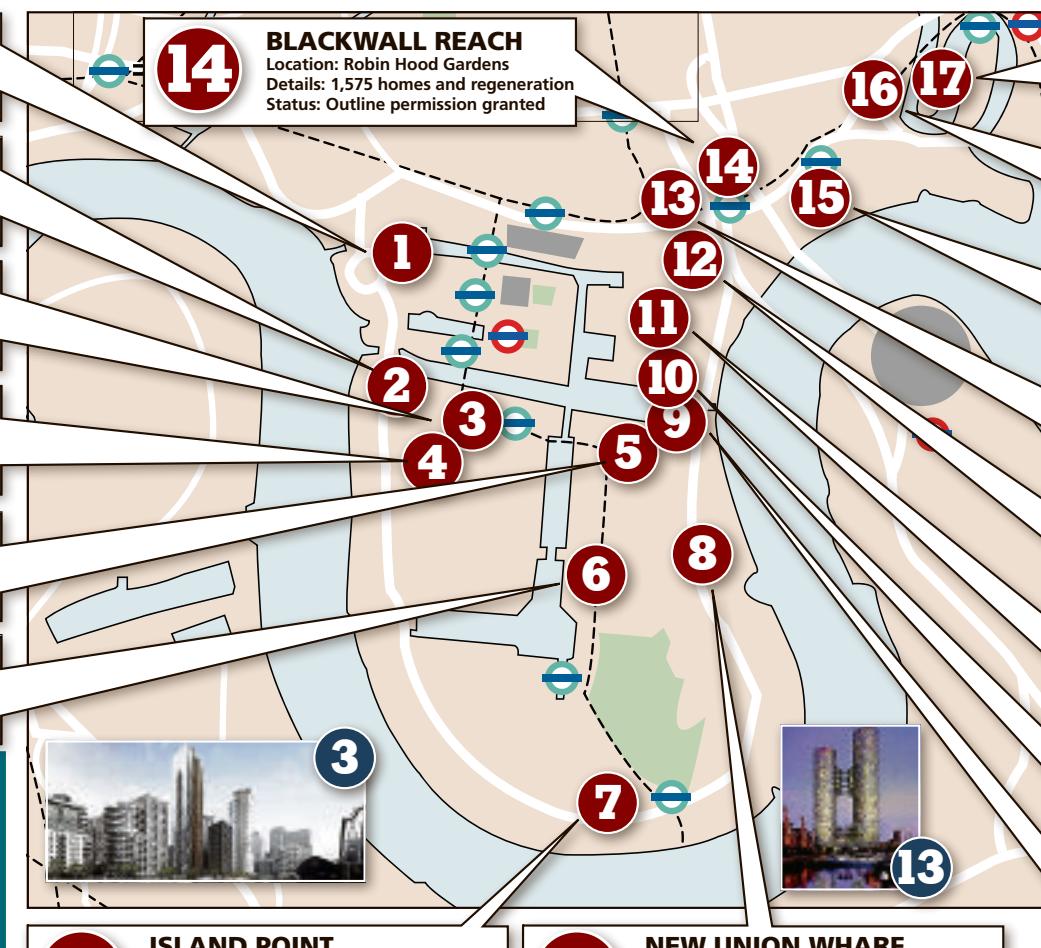
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7

ISLAND POINT

Location: Manchester Road
Details: 189 apartments
Status: In consultation

8

NEW UNION WHARF

Location: East of the Isle of Dogs
Details: Increased from 190 to 400 homes
Status: In consultation

Councillor has fears
as 17 major projects
are in the pipeline

Rob.Virtue
@wharf.co.uk

Shocking figures reveal the population of the Isle of Dogs has nearly doubled in the last decade – and could be set to rocket in the future with a flurry of development on the horizon.

The numbers were highlighted by Cllr Peter Golds who says there is a major threat of overdevelopment on the Island, which surrounds Canary Wharf.

There were 24,831 people in the wards of Millwall, Cubitt Town and Blackwall back in 2001, rising to 46,410 last year. The list of major developments either approved or currently under consideration by Tower Hamlets Council in these areas is at 17.

According to Cllr Golds, the potential population, calculated at an average of two persons per flat, is another 25,854, meaning the number of inhabitants on the Island is predicted to grow to 71,241 in the coming years.

“These are extraordinary figures,” said Cllr Golds, who represents Blackwall and Cubitt Town.

“It’s not only education and health that worry me but issues such as water pressure.

“With so many flats at the top of these buildings needing water pumped up it has an impact on the whole island. Then there’s mobile phone reception and broadband which is

How are we supposed to handle all these extra pressures?



Cllr Peter Golds: Concern

already notoriously poor. And, as for the transport, what is Crossharbour station going to be like? What’s the future for those of us who live here?”

He said the pressure on services was already at breaking point. Currently there are nine schools on the Island – with just one of those secondary – and only five NHS medical practices.

Cllr Golds is backed by his fellow Conservative councillors on the Isle of Dogs. Cllr Zara Davis, who represents Millwall, opposed an application for a development on the same grounds.

Continued on next page

News

MALL
TRAWL

Bargains, happenings, deals, sales

CHAMPAGNE DELIGHT Until October 15, Plateau is celebrating London's Restaurant Festival with a special offer. A two course menu and glass of champagne, priced at £25, will be available for guests at the Canary Wharf restaurant following the its collaboration with Laurent-Perrier.

**TINCHY TIME**

Any @TinchyStryder fans out there? The man himself will be at @WestfieldStrat on 23 Oct signing at @CurrysPCWorldUK @westfieldstrat



MIX IT UP Cocktail hounds thirsty for more knowledge should head to Waterstones and order *The Classic Cocktail Bible*, (Spruce, £7.99) with more than 200 recipes and insider knowledge on the art of creating the perfect cocktail.

**ARRIVE IN STYLE**

Book your Christmas party at Smolensky's in Reuters Plaza before November 9 and they'll throw in a free Prosecco reception



SUIT UP Austin Reed is enjoying its autumn sale with 50% off stylish menswear at the Cabot Place branch. Meanwhile Karen Millen, in Jubilee Place, is offering £50 off selected winter coats.

Life / Page 14

The (straining) belt of diabetes in Olympic city

HEALTH

Study calls for new efforts to target obesity hotspots

Beth Allcock
@wharf.co.uk

Creating an Olympic legacy for health in the wake of the Games is a challenge that has been brought all the more closer to home.

Host borough Newham, where Olympic hero Mo Farah was based, has been identified by researchers at Queen Mary, University of London, as being a "hotspot" for diabetes, with one in six residents at risk of developing the Type 2 form during the next 10 years.

The problem is so severe, a band of east London in the shadow of the Olympic Park – taking in Newham, Tower Hamlets and Hackney – has been dubbed the "East London Diabetes Belt".



The findings came from a study that analysed half a million electronic records for adults without diabetes registered with a GP in the Olympic boroughs.

Using a scoring system, researchers predicted the percentage at high risk of developing the Type 2 form of the disease, which is mainly caused by obesity.

Dr Douglas Noble, public health doctor at the Centre for

Primary Care and Public Health and research leader, said it was a "gold medal moment" for those responsible for delivering the sporting legacy to prioritise tackling the chronic disease.

Prof Trisha Greenhalgh, former athlete and member of the research team, said: "We know we've got an extensive problem in east London with a lack of physical activity and poor dietary habits which contributes to obesity and diabetes.

"Once diabetes has been diagnosed, it's an uphill battle to get it under control. It's far better to prevent it in the first place.

"Highlighting the risk of diabetes gives people a chance to make important individual choices to reduce their risk.

"Increasing physical activity and eating more healthily, which leads to weight loss, reduces the risk of diabetes regardless of ethnicity or deprivation."

Charity Diabetes UK warned that the number of people with the condition is expected to reach 4.4 million by 2020 nationwide.

Over the next eight years the number of people in Britain with the condition is expected to increase by 700,000.

Type 2 diabetes accounts for 90% of all cases and is a long-term condition.

What is Type 2 diabetes?

Type 2 diabetes develops when the body can still make some insulin. Insulin acts as a key unlocking the cells, so if there is not enough insulin, glucose builds up in the blood.

Who is at risk?

Type 2 diabetes usually appears in people over the age of 40, those who are overweight, and particularly in black people and Asians.

What are the symptoms?

Increased thirst, extreme fatigue, unexplained weight loss, slow healing of cuts, blurred vision.

What is the treatment?

A healthy diet and increased physical activity. In addition to this, medication and/or insulin is often required.

Q&A

17%

Percentage at risk in the Olympic host borough

4.4m

Expected to get the condition by 2020 nationwide

90%

Percentage of diabetes cases that are Type 2

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Clegg back to school to learn lessons on training

EDUCATION

Beth Allcock
@wharf.co.uk

DEPUTY Prime Minister Nick Clegg experienced the impact of an education-to-work programme first-hand on a visit to an Isle of Dogs school.

Members of the ThinkForward project at George Green's School, in Manchester Road, held a Q&A session with the Liberal Democrat leader, discussing the benefits of the scheme, which is intended to help students become "job-ready".

Developed by the Private Equity Foundation (PEF), ThinkForward was introduced to the school in April, and staff are now preparing to accept a further cohort of 35 students.

Charlene O'Makalwala, who acts as a coach to the group of Year 11 pupils, said she had been meeting regularly with the group.

She said sessions with pupils, parents and the school also helped to double up the support which was enhanced by professional mentors, including Barclays employees.

The Canary Wharf-based bank recently donated £1million to the



JAMES PERRIN

Deputy Prime Minister Nick Clegg meets students on the ThinkForward scheme at George Green's school

project, as well as agreeing to a mentor system, workplace visits and skills training for coaches.

Shaks Ghosh, chief executive of PEF, said such bridging of a "gulf" between schools and businesses was central to the project's success.

Charlene said: "The challenge comes from inspiring young people to overcome barriers and give them

£1m
Donation made by
Barclays

skills and confidence to achieve, and open their eyes to opportunities."

After talking to the youngsters about their future plans and the benefits of the programme, Mr Clegg said:

"It really shows that if you have got youngsters who aren't entirely sure what they want to do in life, if they sit with the same person week on week, month on month, to explore

what they are going on to do, it has a huge effect.

"For too many young people, opportunities are out of reach and their chances are hampered for reasons as simple as the street they are growing up on.

"Employers, communities and voluntary organisations all have a part to play in narrowing this gap.

"ThinkForward is showing just what can be done."

Bureau boss 'laundered drugs cash'

THE owner of a bureau de change has been accused of laundering millions of pounds of drugs money.

Binita Karnavat, 31, of Medland House in Limehouse, is on trial at Southwark Crown Court over the charges relating to BK Forex Money Exchange in Shaftesbury Avenue.

Police investigated after two people were arrested for drugs crimes as they left her kiosk with \$70,000 last year. The duo later admitted to the charges.

On Tuesday, the court heard records showed around £9.2million of foreign money was purchased from currency wholesalers by Karnavat's business in the year up to April 2011.

Prosecuting counsel Alexandra Felix said: "£8.5million was concealed through the business. The only reasonable explanation was Miss Karnavat knew, or suspected, BK Forex Money Exchange was being used to launder money.

"The legitimate trading of a small kiosk reliant upon passing trade and tourism wouldn't allow for such a high turnover."

Karnavat's partner Manish Patel previously pleaded guilty to money laundering through the business.

Karnavat denies the charges and the case continues.

Rob Virtue

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TOMPKINS
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Working Mum / Page 55



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News



Former LCY boss Richard Gooding and Richard House CEO Peter Ellis

Ex-airport boss closes charity with final gift

DOCKLANDS Former airport boss Richard Gooding closed down his long-serving charity last weekend – but not before handing over a £20,000 cheque to the Richard House Children's Hospice.

Mr Gooding, until recently London City Airport's chief executive, called an end to the Reg Charitable Trust at his 65th birthday party.

The charity, named after his uncle – aviator Reg Williamson – succeeded in commemorating Bomber Command as well as supporting east London children.

Police issue rogues gallery of east London bail jumpers

Most wanted

ASSAULTS



SUBAS AHMAD CHOCHAN, 35, from Limehouse, is wanted for two counts of assault on a woman earlier this year. He is also charged with threatening her.

DRUGS



ELIZABETH JONES, 18, from Newham, was charged by police with possession of Class A drugs in Tower Hamlets in November last year.

SEX ASSAULT



MOHAMMED FAISAL, 24, of Davidson Terraces in Newham, was arrested for a sexual assault on a woman inside the Iceland in Poplar in March this year.

STABBING



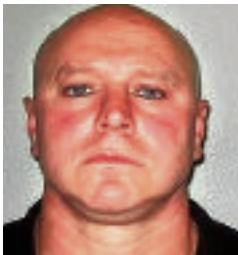
MINTU AHMED, 32, from Hayes, failed to appear at crown court where he was due to attend to answer to a stabbing in Tower Hamlets in May last year.

ROBBERY



JAMES PATRICK KEILY, 31, from Bow is wanted for assault and robbery in an incident in which he stole £200 in Tower Hamlets in 2010.

GBH



LESZEK ZOLOWSKI, 45, from Walthamstow, was arrested for grievous bodily harm, following an incident in Bow when he was working as a bouncer at a club in E3.

POLICE want help to catch some of the most wanted people in east London.

The list of suspects, released by Tower Hamlets detectives this week, involve crimes ranging from sex assaults and stabbings to drug offences. Each one has jumped bail, refusing to face their charges.

Officers believe they are all still in the country and very possibly still in east London. Det Chief Insp Paul Warnett said: "The chances

are they are committing other offences. These offenders are out there and we've got to spend time chasing them rather than protecting communities.

"Every day officers are knocking on doors trying to catch these people and this is very labour intensive."

Anyone with information should call the offender management unit on 020 8217 3848.

Rob Virtue

Banker to return to his old life in a new location

CANARY WHARF The Russian banker shot outside his home near Canary Wharf has relocated from the Isle of Dogs.

German Gorbunsov, 46, was shot six times by a masked gunman in March but is making good progress in hospital and hopes to be discharged in a month.

He said: "I've already changed where I will live so I will be simply doing the same as before at a different location."

"It's so quiet at night – now I will live in an area where it will be much more difficult to do the same."

Police seek ID on man found floating in dock

ROTHERHITHE Police are trying to find out the identity of a man whose body was discovered floating in Greenland Dock last month.

They released an artist's impression and urged people who knew him to get in touch and name him.

The deceased, who was black and around 35, was found by members of the public fully clothed in the dock by Rotherhithe on the afternoon of September 18. Call 020 7232 7313 with information.



- THE CAT & CANARY PRESENTS -

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Q&A

Rosie Johnston

POET & WRITER

Poet and author Rosie Johnston, 57, lives in Island Gardens. She sees her second poetry collection performed for the first time on Friday.

By BETH ALLCOCK

■ When did you start writing poetry?
I did some writing at school and did quite well but then the usual embarrassment set in.

I was a City lawyer then but after my children were born, I realised I always wanted to write. It wasn't until I was 40 I allowed myself to do something as, not frivolous exactly, but as creative as writing.

My first novel was published in 2005, called *What You See Is What You Get* and then in 2009, *The Most Intimate Place* was released.

■ How did you come to write your first poetry collection, *Sweet Seventeens*?

These poems just sort of happened. Nobody seems to know how poems get written. I was asked by a Doctor of



Creative Writing at Cambridge how I did it and she found the same answer from everyone – they haven't a clue. In writing this undefinable thing, when a vision first arrives on the page is something that is unique to poetry.

■ Who was your target audience for the first collection?

My poems are accessible to anyone and being short, they're perfect for busy lives. My first collection is

DETAILS

■ Rosie has launched a Sunday writing class in Waterstones, Greenwich from 2.30pm until 4.45pm. Sessions cost £20 including a £5 gift voucher.

■ Orion, will be launched at the Made in Greenwich Gallery, from 7pm. Tickets are limited. Email Rosie.Johnston@churchillians.net

Rosie Johnston became a poet and writer after she was a City lawyer and became a mother

much loved by people who wouldn't normally read poetry but keep *Sweet Seventeens* by their bedside.

■ What about the rise of the E-book?

I'm a huge fan of proper, old-fashioned publishing and editing, they give you the sense of working with a professional that is committed to your work. But the E-book gives us all the potential for a longer life in our books.

■ What is your new poetry collection, *Orion*, about?

It is a love poem. It is not based on my life or based on people I know. I was aiming for something more global than that. There are about 80 poems and they are all 17-syllable verses.

■ What has been the reaction?

The reaction has been very favourable. Women see *Orion* as a love rat but the men say they see him going out while the woman stays at home and they see that as heroic.

■ When will it be presented in Greenwich and by whom?

It is a first for me – one of the Live Canon group will be reading *Orion* at the launch on Friday.

■ What advice would you give to budding poets?

I would always say to people just have a go at any sort of writing. Don't be too perfectionist and have a crack at it, then you have got something to work with. People are often put off by perfectionism but just keep pushing on.

■ Who are the poets that inspire you?

I'm a Belfast girl and I do like Irish poets like WB Yeats and Michael Longley.

PUBLIC ART

Sculpture sale is put on hold



THE future of a multi-million-pound sculpture owned by Tower Hamlets Council remains unclear after Conservative members called in a decision to sell the artwork.

Councillors have agreed to "explore options" to auction off Henry Moore's *Draped Seated Woman*, affectionately known as Old Flo.

The sculpture has been on loan to the Yorkshire Sculpture Park since the demolition of the Stifford Estate.

A council spokesman said: "The council did look at the option of displaying the sculpture in a public place in the borough but paying to insure it would be too expensive."

Tower Hamlets Mayor Lutfur Rahman added: "The money raised will have a positive impact across the borough."

But Conservative leader Peter Golds has delayed the decision by suggesting it could be re-located to Canary Wharf, where there is a strong security presence.

He said: "It would be incredible – fancy coming to Canary Wharf and saying 'here in front of you is a real Henry Moore'."

"Henry Moore wanted it [the artwork] for the people, London County Council wanted it for the people but that creation will be bought by someone like the owner of a private collection from Dubai – that's not for the people."

Beth Allcock

DANCE

Studio gets a lift with sprung floor



The new sprung floor is set in place at Lanterns

THE Isle of Dogs studio that landed Elton John's old piano has now secured another blue-chip hand-me-down – a dance floor used by the English National Ballet.

Lanterns Studio Theatre welcomed the £120,000, 15sq m sprung floor which could see a return of top dancers for rehearsals and small shows.

Project manager Jamiel Laurence said: "We are officially one of the most kitted out and modern dance spaces available anywhere."

Director of Lanterns Janet Viola said: "The floor is fantastic and will attract the likes of Carlos Acosta and Darcy Bussell."

ENB's Al Riches said: "Janet is a very enthusiastic woman and we first got in contact about providing the floor to film a video with a commercial production company. Our learning team will use the space for educational purposes in future."

The venue has also received interest from the National Theatre, Crystal Ballet and Trinity College of Music in Greenwich to use the floor for rehearsals.

The theatre opened in October 2011 with the aim of bringing the arts, performance and dance to the Docklands community. Last year, the theatre received a £120,000 Yamaha Grand Piano, previously owned by Elton John.

Go to lanternsstudiostudioteatre.co.uk.

Daniel Sutherland



Yuri finds a new home

A STATUE of Yuri Gagarin, currently sited on The Mall, is to move to a permanent home at the Royal Observatory, Greenwich.

The gift from the Russians was unveiled last year to mark the 50th anniversary of manned space flight.

Museum director Dr Kevin Fewster

said: "For centuries Maritime Greenwich was the starting point for voyages of discovery, while the astronomers of the Royal Observatory explored the heavens through their telescopes. In 1961 Yuri Gagarin brought these realms together."

the Wharf

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News

Ring the date for southern link-up

TRANSPORT

Rob.Virtue
@wharf.co.uk

An easier commute to Canary Wharf awaits south Londoners this winter thanks to the completion of the latest part of the Overground.

Services will connect Clapham Junction to the old East London Line route from December 9.

With four trains an hour to Highbury and Islington it will allow workers to change at Canada Water, one stop from Canary Wharf on the Jubilee line. It also provides for links to the DLR from Shadwell.

Travel from Clapham will take 25 minutes to Canada Water and 31 to Shadwell.

Hopes are high that a Surrey Canal Road Station will be built, linking in with the orbital Overground network and forming part of the southern service. Lewisham has granted planning permission for the scheme to begin next year and foundations are in place. However, more funding is still needed. The station could open by 2015 if works go as planned. The station would provide better access to Millwall Football Club – linking the club with its East End roots.



Overground: December date

The air conditioned high capacity service will share some of the burden of the busy South West Trains service on which commuters arrive at Waterloo before changing to the Jubilee line.

TfL's London rail and London Underground managing director Mike Brown said: "This further extension of the London

Overground network will deliver a key rail link south of the river and improve local transport for Londoners by providing more choice and better access.

"It will also double the frequency of services along this line which will help meet London's increasing demand for more rail capacity."

There will now be 16 trains an hour travelling between Surrey Quays and Dalston Junction.

Trains will spur off west from Surrey Quays station. On the way to Clapham Junction it will pass through Queens Road Peckham, Peckham Rye, Clapham High Street and Wandsworth Road.

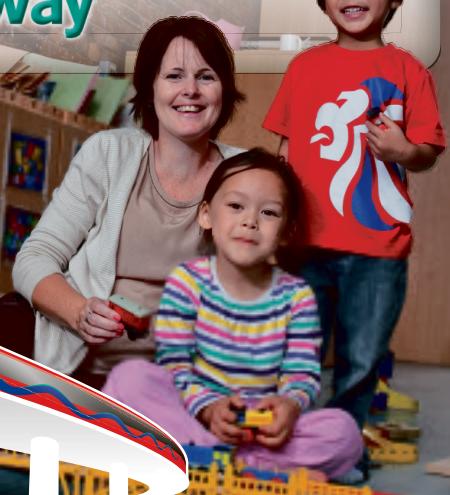
The latest piece of track will see the completion of the orbital route.

A spokesman for Transport for London said: "The whole concept of the London Overground is an orbital ring so you can travel to parts of London without going into the centre of town."

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yourrailway



www.dlr.co.uk

MAYOR OF LONDON

Transport for London



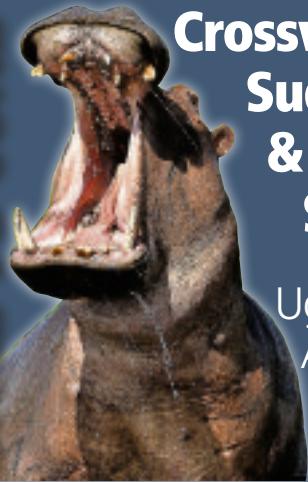
Road movie

Kristen gets back in the saddle

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Your Money – The mortgage hangover

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Food



Visitors to Rumfest can expect some colourful stands at Excel

Rum returns to capital's docks

Rob Virtue talks exotic rhythm and spirit history with the man behind the show

RUMFEST

Excel

Royal Docks

The man given the grand title of Global Rum Ambassador is bringing a festival celebrating the spirit to the Royal Docks this weekend.

RumFest at the Excel promises to be a feast for the lips and the eyes.

Organiser Ian Burrell, singer, actor but most of all a lover of the exotic spirit, said: "There will be 400 different rums including the newest on the market, tropical rhythm, music, food, drinking and education from cocktail mixologists. It's a festival through the eyes of rum."

"We've held it before in Olympia and at the Royal Horticultural Society and it's always been full of discerning customers who like new experiences."

"It's the perfect place for professionals to find out about rums, new and old."

Running on Saturday and Sunday it will be the event's sixth year. Tickets start at £20 and include entrance to the Tropical Food Market and the Boutique RumFest running alongside.

It aims to bring a burst of sunshine to Docklands as well as some culinary treats.

"We'll have chefs coming in and



Ian Burrell organises RumFest

cooking great food with rum," said Ian. "And we've got rum and chocolate. There's a lot to experience."

Dubbed Global Rum Ambassador by the spirit trade press, Ian travels the world giving classes on the drink. This month has already seen a whistlestop tour of the likes of Amsterdam, Moscow and Berlin.

And by hosting a celebration of the versatile spirit in Docklands he's bringing it back to its birthplace in the UK.

"Some communities understand it for the mature spirit it is, others just put a coke on top of it," he said.

But places like Russia, where you'd expect that rum would be a tough sell, are really getting better. Moscow's now got its own rum bar.

"Compared to other countries, the UK is more discerning. That's understandable as it's been around there for a long time with a history of importation to the London docks."

And for those who are fans of the high street brands, will this be a place for them to enjoy?

"Any rum is good but on the rum ladder it's at the beginning of the rum journey," he said. [Go to rumfest.co.uk for tickets.](http://rumfest.co.uk)

TRY THIS

Taste the exotic on the Wharf with this tropical eight-year-old from Trinidad Angostura 1919 Premium Rum 70cl, £25.99 waitrose.com



Was David Muñoz's menu the Wharf's hottest ever meal?

IBERICA

We break down 'the most talented chef in Spain's' nine course fiesta to find out

Muñoz prepares his oxtail sandwich, which will be served with baby eels

It was billed as an exclusive event, this dinner held in celebration of Spain Now 2012, a festival aimed at raising the European country's profile in London.

After a brief drinks reception, we were introduced to the star of the evening – David Muñoz – holder of two Michelin stars at DiverXO in Madrid and dubbed "the most talented chef in Spain" by the master of ceremonies.

And that's a title with impressive connotations in a country boasting a disproportionate number of the world's best restaurants.

With buzzcut and punky earrings, Muñoz turned out to be a softly spoken Spaniard in his early 30s, gently wry as he welcomed us to Iberica. So what did this man produce and was it better than anything I'd tasted on the Wharf before?

■ Young coconut spicy soup, baby scallops, cockles and fresh white beans. *Fritura DiverXO-style*

Starting with a bang, Muñoz's opener appeared complex but dazzled with the clarity of its flavours. The soup sizzled with heat in its semi-edible coconut bowl, offset perfectly by crispy fish skeletons, prawn heads and a searing frog's leg.

★★★★★

■ Crispy oxtail sandwich with baby eel, jalapenos and finger lime

Presented atop a transparent plastic box, the oxtail overpowered the



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wharf.co.uk

poor little eels squirming on top, leaving only a slim crunch of garnish.

★★★☆☆

■ Posticker shanghai of pitu caleya with its own broth, sea urchin, chipotle chilli and shitake

This is Muñoz's signature dish. Hot on fusion, this perfectly married dim sum with some delicate Hispanic flavours.

★★★☆☆

■ Creamy black trumpet and milk skin bun,

gazpacho emulsion, semi-dried tomatoes and kumquats Fungal but light on the tongue. Consuming this dim sum dumpling revealed potent chilled delights beneath its heft.

★★★★☆

■ Kimchi strawberries, sheep yoghurt and coffee. Baby squids over the flame

The worst dish served. Rumour has it Muñoz was unhappy with the berries available in London. While the squid was pleasant, the clash of accompanying acrid flavours did little for me.

★★★☆☆

■ Wood smoked tuna bonito belly, fried eggs, mujol roe and tamarillo ketchup

This simple, but sophisticated morsel of fish more than made up for the preceding bum note.

★★★★★

■ Wagyu beef, marinated tomato, herring condiment. Tamarind and peanuts

This surprising combination of ingredients soared above expectations and melted in the mouth. A sublime meaty texture, perfectly executed.

★★★★★

■ Wild boar civet of black cod. Parsnip and liquorice

In an impossibly dark mass of glossy blackness, the fish nevertheless managed to swim through.

★★★★☆

■ Guava, rhubarb, pink pepper and butter. Black truffle An exquisite finish, blessed with fresh, cool fruit flavours hewn from pinkish matter, including a delicate wrapped tongue of fruit to cleanse the taste buds.

★★★★★

Go to diverxo.com.

Jon Massey

Overall verdict

Consistency and daring of a young master was certainly the most skilled cooking I've tasted here

★★★★☆



Crunchy fish bones and parts of prawn

SPAIN NOW 2012

Iberica / Reuters Plaza

Canary Wharf

Wharfers can look forward to live cooking demonstrations from four chefs in the heart of Canary Wharf next week.

On Monday, October 15 talented Spanish cooks José Pizarro and César García will demonstrate their skills between noon and 2pm and again from 5pm-7pm, followed by the duo of Nacho Manzano and Diego Bello on Tuesday.

For those who miss Diego Bello outside, there's another chance to experience his cookery at Iberica on Thursday, October 18.

He'll be delivering a master-class at the restaurant from 5pm-6pm alongside wine advice from Bruno Murciano.

For more information about these events go to spain-now.org.uk.

ON THE WHARF

Camino

Westferry Circus

If you're looking for Spanish flavours delivered with panache and skill, you could do a great deal worse than strolling up to Westferry.

Tucked away around the corner from Canary Wharf pier, Richard Bigg's Camino delivers superb tapas at around £6 a plate and some of the best sherry available in London. Camino, 28 Westferry Circus, E14 8RR, 020 7239 9077, camino.uk.com.

Iberica

Canary Wharf

One of the more recent arrivals on the Wharf's restaurant scene, this bustling funky space is great for an Hispanic lunch.

Whether it's the express option of a stew and a tapas for £10 or three dishes for £15, there's a price and length to suit all tastes. An excellent selection of wines is also available. Iberica, 12 Cabot Square, E14 4QQ, 020 7636 8650, ibericalondon.co.uk.

OFF THE WHARF

Donostia

Marble Arch

If you find yourself off the Wharf and keen for a bite of Spanish style, head to this stripped back Basque kitchen.

Simple dishes of few ingredients, executed with clinical precision and punchy flavour are the name of the game. Sit at the bar, reserved for walk-ins to see the kitchen in action. Expect to pay about £10 for a main. Donostia, 10 Seymour Place, W1H 7ND, 020 3620 1845, donostia.co.uk.

Read reviews of these restaurants at wharf.co.uk

WINE MATCHING

Try these with chocolate

Chateau Chocolat red wine, Portugal, £22 hotelchocolat.co.uk



Hotel Chocolat special reserve tawny port, £16 hotelchocolat.co.uk



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FITNESS

WITH LAURA WILLIAMS

Get the look: Rosie Huntington-Whiteley

The model and actress works hard at the gym but likes to treat herself to British comfort food too.

How she does it: "I'll cook healthy on a daily basis but once a week we'll definitely just have a good roast," said the *Transformers* star in a recent interview.

Do it for yourself: Rosie admits to a daily gym habit, which means that, combined with her healthy diet that involves minimal sugary and processed foods, she can enjoy her weekly roast guilt-free.

I'm often asked if family favourites such as the Sunday roast are off-limits if you're trying to slim down and the answer is no – just follow these simple suggestions:

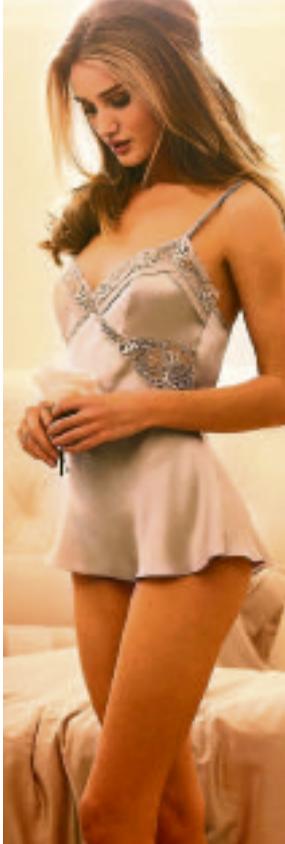
■ Try to squeeze in a workout on Sunday morning to offset as many of those roast spuds as you can against a few brutal treadmill minutes.

■ Opt for lean meats such as chicken and turkey, preferably without the skin, and go for leaner cuts if you're having red meat.

■ Yorkshire puddings and roast potatoes are Sunday's big calorie culprits (it's around 20 minutes on the cross trainer to burn off a small Yorkshire pud).

■ If you're serious about slimming down, probably best to skip the pud – while saying no to apple crumble and custard seems like one of the more serious Brit grub crimes, it'll add a whopping 500 calories to your meal.

■ Walk it off. A two-hour walk from the Wharf along to St Katharine's Dock should burn off every last roast calorie.



Rosie models her lingerie collection for Marks and Spencer

Q&A

I've read that brushing your teeth helps when dieting. Is this true?

I recall a celeb hit the news a few years ago when she said that brushing her teeth and eating ice cubes were her best snacking prevention strategies. If you're snacking due to

boredom or anxiety, or for emotional reasons, diversionary tactics like these may work, but if you're hungry and need to eat, you may need some food instead of overdoing the oral hygiene.

If you're trying to lose weight, eat what you need to keep the hunger at bay but don't overdo it, and if you're eating out of boredom, deal with your boredom.

You shouldn't be keeling over if you're dieting but a certain amount of hunger is to be expected.



Switch how you lift: With weights try a quick lift and a slow lower to give your muscles a better workout. The University of Alabama found this to be the best way to increase strength.

TOP tips

Go to laurawilliamsonline.co.uk, email questions to laura@laurawilliamsonline.co.uk or follow @laurafitness on Twitter

OUTDOORS

Canning Town centre is ideal for team building as well as stags and hens

Beth Allcock
@wharf.co.uk

In the corner of an east London park, escapism awaits. Outdoors In The City is a place where businesspeople swap their suits and smartphones for teamwork and nerve-testing and groups on stag and hen dos can test their mental and physical abilities.

On my arrival at the site, nestled into the north west section of Canning Town Recreation Ground, two teams of eager colleagues were being briefed about their day of activities, which included sessions on the site's climbing wall, the Leap of Faith – a tall structure where participants jump to grab a metal bar – a zip wire and an obstacle course.

In addition, a smattering of mental challenges and a point-scoring system, to draw out the participants' competitive side, awaited them.

Danielle Mothes, marketing and sales development manager, said the small site managed to "cram a lot in", with activities like BMX biking spilling out into the recreation area.

And building on the remnants of Olympic spirit in the borough, she said the site's 10-space archery area was proving ever more popular with guests.

"People are interested in trying new things at the moment," she said. "There is a good buzz in the area and in the country around doing things that are a challenge and this site lends itself nicely to that."

"People really enjoy the sense of achievement that it gives them and each time it is a different group of individuals coming."

"The corporates can see the benefit of doing that. We are run as a social enterprise and there is a corporate social responsibility element to it."

"We get fantastic feedback from businesses. Their reaction is usually 'I achieved much more than I thought I would' and 'seeing so and so dressed up as Batman was hilarious' – we always put a fun angle on the day."

"We also make sure everyone, whether it is a company director or anyone else, is working together."

"If there is someone that is not getting much of a voice, we make sure it comes out. We give everyone a platform."

"It's a really good way to get to know each other and strip away office politics and preconceptions."

And it is not just corporates taking a day out from the office to enjoy a fitness afternoon of outdoor pursuits – hen parties, stag dos, schoolchildren and disabled organisations are also getting in on the act.

Originally set up by Newham-based charity Community Links five years ago, Outdoors was designed to provide a space for youngsters to explore the outside.



Participants can mix and match activities they want during their session

Challenge your mates to conquer their fears with a leap of faith



Caroline Oakley, left, and Danielle Mothes of Outdoors In The City

FACTFILE

■ Half-day, full day and evening outdoor pursuit sessions are available for groups of children or adults.

■ Packages start at £35 per head. Contact for Christmas deals.

■ The site usually caters to groups of between 10 and 60 members.

■ The centre operates on a "challenge by choice" basis – where guests decide what activities they want to participate in and how much to test themselves.

said Caroline Oakley, an instructor at the site. "They are from such diverse backgrounds and they are like a little family."

"Whenever they know there is something on here, they will all be here volunteering. And they do this for no reward whatsoever."

[Go to outdoorsinthecity.co.uk](http://outdoorsinthecity.co.uk).

One of the founders of Community Links for years was running Outward Bound excursions and just saw an opportunity to create something within the borough that would provide similar opportunities," said Danielle.

Although Outdoors has now gone beyond its original mission its grassroots nature is still important, with the younger generation now leading the way for the site's development.

A band of 20 volunteers aged 10-20 dedicate their Friday evenings to helping out at the centre.

"Without them we couldn't operate,"

WIN

Luxury treatment & champagne lunch at Re:Spa worth £245



Take time out to forget the demands of the outside world with a blissfully relaxing and tranquil luxury spa experience at the newly refurbished Re:Spa at Reebok Sports Club in Canary Wharf.

The Spa indulgence day has been put together as the perfect package to relax, unwind and leave you feeling totally rejuvenated. And we've teamed up with Re:Spa to offer one reader the chance to enjoy its delights (usually £245) for free.

Not only will you be treated from top to toe by therapists enjoying a one hour luxury manicure and pedicure, the spa's therapists will tailor-make your experience to suit

your every need using the best skin care products and latest innovations.

Enjoy a classic 50-minute full body aromatherapy associates massage, designed to promote a feeling of de-stress and wellbeing, that will leave you feeling deeply relaxed and re-charged.

Carefully applied pressures stimulate the nervous system, while Swedish and neuromuscular techniques relieve muscular tension and lymphatic drainage encourages a healthy circulation. Stresses and strains are guaranteed to be dissolved away.

And that's not all, you will also enjoy a one hour, 10-minute Hydadermie facial, a treatment suitable

for all skin types to deep cleanse, rehydrate and regenerate. Then you'll finish off with a champagne lunch at Reebok's stunning Restaurant.

As a guest you will also have the chance to explore and enjoy the amazing facilities that the Reebok Sports Club has to offer.

For a chance to win, just answer this simple question: **How much does the indulgence day package at Re:Spa usually cost?**

To enter go to wharf.co.uk and click the competitions link. You'll need this code – **RE12**. The closing date for entries is October 18. For details of treatments at Re:Spa, go to reebokclub.co.uk/spa.

take part



Buggy Runners in Millwall Park

MUMS' FITNESS

Take baby for a jog in the park

★ A fitness class to help new mums get back into shape has launched on the Isle of Dogs.

A tribe of women and their babies have descended on Millwall Park, for new exercise group Buggy Runners, organised by Ellie Brown owner of Greenwich Fitness and Pilates.

Ellie said: "The support that a group of like-minded individuals can provide is at the heart of Buggy Runners' ethos. "Be it for physical wellbeing

or a meeting place to share and discuss the challenges that motherhood brings, this one hour fitness class exercises both your body and your mind."

With more than seven years' experience in providing postnatal fitness sessions, Ellie has also secured the support of Tower Hamlets Council and the Millwall One O'Clock Club for the programme. The first class is free, with sessions costing £6 thereafter. Classes run on Friday between 1pm and 2pm but will switch to 10.30pm-11.30pm from October 19.

Go to greenwichpilates.co.uk/buggyrunners.aspx, or call 07958 225 598 for more details.

GOLF CHALLENGE

Compete for a trip to the States

★ Wharf golfers are being challenged to tackle the Pebble Beach course on an Urban Golf simulator.

The top 24 scores will see a play-off final on October 24 where the winner get a trip of a lifetime for two to the Pebble Beach Resorts in California.

The closest Urban Golf to the Wharf is in Smithfield Street, EC1 9LA. Go to urbangolf.co.uk for more information.

POP-UP SHOP

Pub pulls in the vintage trinkets

★ Vintage trinkets and styles from bygone eras will fill a Greenwich pub on October 20.

From 12.30pm-4.30pm, bar stools and tables at The Pelton Arms will be replaced with clothes rails full of vintage clothing from Silhouette and Pearls as well as other second-hand goodies, including coats, scarves, hats, bags and jewellery. For more details or to book a stall call Kirsty Tye on 07891 124 974.

COPYCAT baby blues

We send **Beth Allcock** to the high street to hunt down a look inspired by Taylor Swift's Elie Saab runway show in Paris.

CLUTCH

Noleta cross over bag, £16
vestry
online.com

THE DRESS

Pollis shimmer pleated dress, £26.99
missguided.co.uk



TAYLOR SWIFT

What's on

STAGE

The Immortal World Tour

The O2



The magic of Michael Jackson comes to The O2 stage. Sadly it is not the extended stage show promised just three years ago, but instead a fusion of visuals, dance, music and fantasy celebrating the man's genius.

The Cirque Du Soleil show is visiting The O2 as part of a world tour.

Jacko fans can expect the usual Cirque fare of mime, contortion and acrobatics all performing to the sound of the King Of Pop's many global hits.

■ Oct 12-21 excluding 15 and 18, various times, from £68, theo2.co.uk.

EXHIBITION

The Big Picture

Smokehouse Gallery



The notion of celebration will be analysed as part of an exhibition by London artists.

Ten art forms including ceramics, photography and animation will strive to depict what it means to celebrate, with inspiration drawn from the surrounding landscape.

The aftermath of celebration will also be considered, including an element of celebrity.

■ Until Oct 28, call 020 8525 2375 or email smokehousegallery@formans.co.uk.

Pictured: Amy by Sophia Venturini

GIG

Ian Shaw

Canada Water Culture Space



Singer and pianist Ian Shaw will be bringing his mix of jazz and one-liners to Canada Water.

Named best vocalist at the BBC Jazz Awards in 2004 and 2007, not only does Shaw have one of the finest voices of the genre, he also has a host of tales of frumpy mid-life woe to share with the audience.

It's jazz classics in an engagingly relaxed manner presented in a venue that is managing to attract interesting acts.

■ Oct 11, 7.45pm, £10-12, canadawaterculturespace.org.uk.

Actor cooks up Brechtian tragedy on his home turf

INTERVIEW

Modern twist on epic tale of war, all in front of Jacob's friends and family

Beth Allcock
@wharf.co.uk

A Greenwich actor will be treading the boards in his home town for the first time as he tackles a Bertolt Brecht play underpinned by a poignant message.

The touring production of *Mother Courage And Her Children*, written in 1939, will stop off at Greenwich Theatre next week with the friends and family of thespian Jacob Addley lining the rows on opening night.

The 21-year-old, juggling the roles of Swiss Cheese and Cook, said performing at the Crooms Hill venue was something he had wanted to do since moving to the town last year.

Jacob said the translation by Lee Hall bought a fresh, modern spin to the classic.

"It is a really fun, exciting show with rock music, which we all play on stage to try to keep it modern and aim it at a wide audience," he said.

"We also have Twitter updates to help in the story and most of it is staged further in the future."

The plot tells the story of two conflicting ideologies that threaten the balance of world power. Brecht wrote the play in response to the rise of fascism and Nazism in his home



Actor Jacob Addley will be performing in his home town in front of friends and family

W How is this staging different?

"We also have Twitter updates to help in the story and most of it is staged further in the future."

country and was penned in a "white heat" in little over a month.

In the midst of the action, a mum-of-three spots a way to profit from the slaughter by selling goods to both sides but, in her quest for material

gain she is forced to make the ultimate sacrifice.

"I suppose that message is if in war you want to live, you have got to be prepared to give," said Jacob.

"If you as society are OK to buy into war, you have got to accept the fact there has to be consequences and that people have to suffer."

"The big challenge of doing a Brecht play is getting this across to the audience and making them understand and, I suppose, making them change their opinion of the subject."

Of his own roles he said: "I'm playing Swiss Cheese and Cook and other various roles as well. Swiss Cheese is

the son of Mother Courage and is a bit of a simpleton, whereas the Cook is the Don Juan character and a bit of a ladies' man.

"Playing a simpleton is a tricky thing and that's the more challenging one, I'd say."

"Playing the Cook is really fun as well and I am loving that."

The production, directed by Tom Neil and staged by Blackeyed Theatre, will begin its Greenwich leg on October 10.

■ *Mother Courage and her Children*, Greenwich Theatre, October 10-13, 7.30pm, matinee on October 13 at 2.30pm. Tickets from £12.50. Go to greenwichtheatre.org.uk.

Big Brother twist to tale of a monster

STAGE

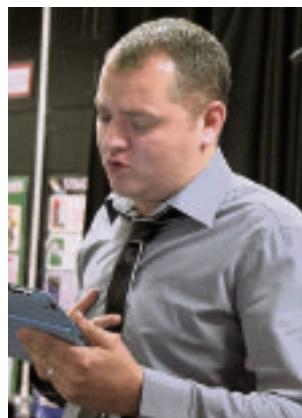
Frankenstein

The Space

A converted church will house a re-interpretation of the terror tale of Frankenstein's monster.

Mary Shelley's iconic novel has been transformed into a much more "abstract adaptation" for its debut on the stage at The Space in Westferry Road.

Actor Chris Houckham-West, who will act as producer as well as taking to the stage for the lead role of Frankenstein, explained that artistic director Adam Hemming had brought the gothic storyline back into the modern age with a re-telling centred on the fantasies, desires and dangers of everyday living.



Chris Houckham-West acts and is producer of the Space show

"It's very modern and the main twist in the story is that it's set in the Big Brother house," said Chris.

"The interpretation of Frankenstein is more of a Halloween-type creation - we get to the core of the story of vanity and bullying towards this creation."

"We take it in a different direction and make it more relevant to today's society."

"The audience should really be able to relate to it more than a story that's more than 100 years old."

"It would be really nice to get youngsters to the show, especially people who are studying the book at GCSE, and to be able to associate it to things they are watching on television."

The making of these particular modern-day monsters will be shown in-the-round, a theatrical staging that

Chris believes can only add to the drama.

He said: "It will be a lot more engaging for the audience, and they will instantly feel it there, in the performance. The Space is a place where the audience can really see the expressions on the people's faces."

And for an extra-special way to enjoy the play, members of the cast and audience will be taking part in a masquerade ball after the curtain closes on the final night.

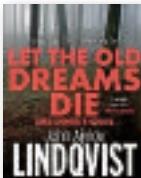
Masks are mandatory, with treats of canapes, performances, a glass of fizz and a breakfast snack providing extra incentives.

Beth Allcock

■ *Frankenstein* at The Space, October 11 to 13, £10 (£8). Masquerade ball tickets are £25 (£30) including a Frankenstein ticket. Go to space.org.uk.

What's On

BOOK



Let The Old Dreams Die

John Ajvide Lindqvist (Quercus)

★★★★★

Although his stories chronicle vampires, trolls, the undead and vast, hidden predatory creatures that gobble humans up, Lindqvist is not really a horror writer.

Instead it's the bump when the supernatural collides with the everyday that absorbs him. And more importantly how our brains deal with the sheer weirdness that results.

One of his protagonists in this collection of short stories, for example, spends hours bending the ear of an unexpectedly discovered corpse until, days later it starts talking back. But by then she's addicted to the relationship.

And it's her behaviour and reactions to the corpse's sudden animation that provide the chill, not the fact it's moving around.

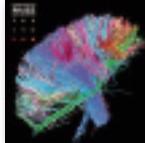
Time and again you feel Lindqvist's characters deserve the sticky ends they come to. Whether it's greed, stupidity, snooping or evil that drives them.

But there are human heroes too, whether it's a middle aged lady who takes on consumerism by blowing herself up in a department store or a team of unlikely individuals who release "reliving" Swedes from their waking concentration camp nightmare.

This is complex, bipolar writing that will have you wishing your journey on the DLR was a few pages longer.

Jon Massey

MUSIC



The 2nd Law

Muse

★★★★★

While the crashing prog metal of *Supremacy*, is business as usual in, the band unexpectedly funk it up with *Panic Station* and go Queen-like on *Explorers* on *The 2nd Law*, their sixth album.

Bassist Chris Wolstenholme does a fine job on his two songs, *Save Me* and *Liquid State*, contrasting well with frontman Matt Bellamy. The stridency of the Olympic single *Survival* fits in well and Muse show why they rule the world. Steve Grantham

Never mind the story, enjoy the soundtrack

SCREEN

Pusher

(18) 88mins

Luis Prieto's self-consciously cool English-language remake of Nicolas Winding Refn's coruscating 1996 thriller has style in abundance.

Transplanted from the streets of Copenhagen to London, *Pusher* imagines the capital as a rat-run of neon-lit nightclubs, smoke-filled house parties and swanky apartments, where punters pay thousands in cash for their next hit.

The beautiful squalor is set to a pulsating soundtrack by Orbital, which provides the film with frenetic bursts of pace and energy.

What Prieto's version lacks is a strong emotional connection to the anti-hero as he careens from disaster to despair, discovering that the drugs he peddles make everything worse.

We feel no concern as the weight of the world comes crashing down upon him. He gambles big, loses bigger and deserves to suffer the grim consequences.

Party boy and drug dealer Frank (Richard Coyle) is a big fish in the small pond of east London.

He seems to have it all – bundles of cash, a beautiful pole-dancing girlfriend called Flo (Agyness Deyn) and free entry to all the best clubs.

However, like all low level criminals, Frank is only as good as his last deal and, in order to increase his personal wealth, he has to borrow heavily from men who don't take kindly to late repayments.

So it comes to pass that Frank borrows thousands from drug lord



Richard Coyle fails to muster any sympathy for the anti-hero



Milo (Zlatko Buric) to finance an ill-fated get-rich scheme involving Marlon (Neil Maskell).

The scam goes awry and Frank is caught by the police shortly after he dumps the drugs in a pond.

As Milo's original loan gains interest, Frank prowls London like a wounded animal, pressuring best friend Tony (Bronson Webb), girlfriend Flo and rich client Fitz (Paul Kaye) to help settle the debt. Eventually Milo loses patience.

He's going down, and Prieto's film threatens to follow.

Bookmarked into daily chapters, *Pusher* paints Frank's soulless existence in lurid colours, complemented by Kim Gaster's snappy editing and some trippy visuals.

Coyle lacks roguish charm in initial scenes but glistens with desperation as Frank's plight becomes increasingly bleak, and supermodel Deyn impresses.

Buric reprises his menacing role from the original movie and provides the clear link between the two films.

It's hard to muster any sympathy for Frank as he prepares to lose his kneecaps.

And, with an explosive entrance onto the stage for opening track *Sexy Than A Mutha*, Cheryl set the tone for things to come. She was going to wow The O2, Cheryl-style.

The dance routines were slick, the infamous swim-dive executed with class and the live vocals superb.

REVIEW

Cheryl Cole

The O2

While Cheryl's talent as a dancer is undeniable, criticisms have been levelled at her ability to juggle a fast-paced routine with live lyrics.

But for the thousands of Cheryl's "soldiers" who crowded The O2 she really had nothing to prove.

They showed their unwavering love for their idol. Wearing outfits adorned with her name and carrying banners and bags stuffed with posters, they were eager for the Geordie girl's grand appearance following a set-list from London rapper Tinchy Stryder.

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Rattling through tracks including super-hit *Call My Name*, *Girl In The Mirror* and *Promise This*, she showed her prowess as a pop star by engaging with the crowd through her heartfelt lyrics and gratitude.



Cheryl Cole

Our verdict

Cool to the point of cold as pusher's plight is of little significance

★★★★★

SCREEN

Hit And Run

(15) 99mins



Stick to what you know best. That's the sobering message for actor Dax Shepard, who not only writes but also co-directs this scattershot chase caper about a man confronting the demons of his past.

Charlie hides his criminal past from his girlfriend Annie (Kristen Bell) until the past comes back to haunt him. *Hit And Run* has moments of tender romance and suitably turbo-charged action sequences but characters are thinly sketched and running jokes collapse.

★★★★★

SCREEN

On The Road

(15) 124mins



The real-life dalliances of Beat Generation standard-bearer Jack Kerouac provide the creative spark for director Walter Salles's handsome if underpowered road movie.

Sam Riley plays writer Sal Paradise, whose humdrum life is sent into a tailspin by the arrival of free spirit Dean Moriarty (Garrett Hedlund).

On The Road has numerous diversions and ultimately loses its way but Kirsten Stewart is solid and scantly clad in an eye-catching supporting role.

★★★★★

Cheryl sings to the faithful and secures their devotion

REVIEW

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Rattling through tracks including super-hit *Call My Name*, *Girl In The Mirror* and *Promise This*, she showed her prowess as a pop star by engaging with the crowd through her heartfelt lyrics and gratitude.

In a nod to her Girls Aloud roots, she performed a montage of *The Promise*, *Biology* and *Love Machine*, followed by *Parachute*, *Under The Sun* and *Screw You*, which had the crowd in full song.

But it was on slower tracks *Three Words*, where she was joined by best mate Will.I.Am, *A Million Lights* and *The Flood* where her vocal strength was undeniable.

And, whipped up with an encore of dance-routine favourite *Fight For This Love* and a second rendition of *Call My Name*, she disappeared.

Three outfit-changes and a one-and-a-quarter hours later, Cheryl had finally left her stamp on the North Greenwich arena.

With her vocals leaving a buzz in the atmosphere, a smiley-faced crowd made its way home chanting snippets of songs.

It was, undeniably, a great show.

And the power of Cheryl's performance reached every row of the vast venue.

Surely, that alone, should be proof enough to silence any doubters.

Beth Allcock

Our verdict

Cheryl silences the doubters with an accomplished set

★★★★★



Business

NEWS IN BRIEF

Seven-day round-up

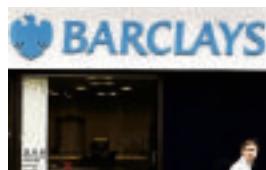
DLR wins award for innovation

TRANSPORT The company which operates the Docklands Light Railway (DLR) has been named best in its category at the 2012 Light Rail Awards.

Staff at Serco Docklands were presented with the award for Light Rail Operator of the Year by TV presenter Nicholas Owen, at a ceremony in Vinopolis.

Serco Docklands was commended for its innovative, value-for-money service.

Barclays takes on ING's retail arm



BANKING New Barclays chief executive Antony Jenkins has signalled his intention to put retail banking at the heart of his operation with a decision to take over the UK savings and loan business of departing Dutch operation ING.

Jenkins, who used to run the Wharf bank's retail operations, will gain 1.5million customers as part of the deal in which ING will pay Barclays to step in.

Dentists press cancer message

CHARITY Dentists in Canary Wharf swapped a day in the surgery for a stroll in the park to raise money for the Mouth Cancer Foundation.

A team from Barbican Dental Centre, led by founder Dr Neil Sikka, walked a 10km stretch of Hyde Park and secured more than £790 for charity for their efforts.

Dr Sikka said: "Having lost my sister to mouth cancer earlier this year, it brought home to me just how important early screening is."

Four runways to 'keep city ahead'

TRANSPORT The capital needs a four-runway airport at either Heathrow or Luton to compete with the major European hubs, a think-tank has declared.

An airport in the Thames estuary – as advocated by London mayor Boris Johnson, pictured, is not practical, the Policy Exchange concluded. "Boris Island" would be inaccessible and environmentally harmful.



What's The Story?

Tate & Lyle is taking on the EU over sugar quotas • By Giles Broadbent

A giant poster hangs on the side of the Tate and Lyle refinery in Silvertown – SOS it declares to those alighting at London City Airport DLR. Save Our Sugar.

The sugar processing firm, now owned by American Sugar Refining, has escalated its long-running feud with the European Commission into action.

Not just draping the poster but, more purposefully, claiming 75million euros (£60million) in damages over the union's alleged mismanagement of the sugar market.

The row centres on preferential treatment given to European sugar beet growers who benefit from quotas and fixed prices.

The processors say that the EU's import restrictions and custom duties on raw cane from outside the EU is forcing them to reduce production and lay off staff.

Since the 2006 EU sugar reforms, prices in the EU have risen 65 per cent ahead of the rest of the world placing highly skilled jobs at risk.

EU Agriculture Commissioner Dacian Ciolos in response to MEP's protests said: "Decisions taken by the Commission since the 2006 sugar reforms have been fair and balanced."

The next sugar reforms will happen in 2015 but MEPs are pushing for immediate changes.



American Sugar Refining, the world's largest refined sugar producer, buys Tate & Lyle's European sugar operations. The company has also bought the rights to use the Tate & Lyle branding. It ends 130 years of Tate & Lyle as a home-owned brand.



A giant poster hangs off the side of the Tate & Lyle refinery in Silvertown



■ It is beyond belief that the commission still claims that its management of the EU sugar market has been a success because the facts do not bear this out.

Ian Bacon
President, Tate & Lyle Sugars

■ It is time for the Commissioner to recognise there is a problem and to

act on it. This is not the first time we've been told that the sugar regime is fair, yet beet processors are reporting record profits while cane refiners, with a similar cost base in an unregulated market, are generally making losses.

Marina Yannakoudakis
London MEP

■ The suggestion that workers at the Tate & Lyle sugar refinery should pay the price for this European import restriction with the loss of their jobs is unacceptable. The EU is putting the interests of the EU farmers ahead of that of these East London workers.

Paul Campbell
GMB union organiser



Tate & Lyle announces it will shed 30 jobs because of a reduced capacity at its east London refineries. New tariffs on sugar cane imports were branded protectionist. "This is a sad day for us and is in no part the fault of our workforce," said Tate president Ian Bacon.



MEPs meet with EU Agriculture Commissioner Dacian Ciolos to protest against the sugar regime. The pan-European delegation also plan to lobby the Competition Commissioner and the Employment Commissioner to relax the regime ahead of a review in 2015.



in total) will mature by 2020, for which borrowers have no specified repayment plans in place.

Mark Blackwell, managing director of Xit2, said: "The large block of outstanding balances is a legacy of the high number of interest-only mortgages granted before the financial crisis.

"If lenders fail to help these borrowers find a repayment vehicle, it will come back to give them a nasty bite around 2020 when the big batch of high-LTV interest-only loans granted in the mid-2000s mature."

According to research by Xit2, the survey, valuation and asset management data specialist, some £116billion of interest-only mortgages (more than one million

JAMES PERRIN

PAPER ROUND



"Fraudsters are out in force and they're after your identity – and your bank account," writes Tricia Phillips.

"Latest figures show fraud has shot up 10 per cent, with 115,000 victims so far this year alone. A total of 66 per cent of cases now relate directly to the misuse of identity details, with takeover of accounts seeing a huge 73 per cent surge."

Phillips writes that ID fraud is more rife in the UK than in any other European country.



"Thousands of innocent victims of card fraud are routinely being deprived of payouts worth thousands of pounds by their banks – who wrongly brand them crooks instead," writes Ruth Lythe.

She reports that banks claim it's impossible for a thief to make a chip-and-pin payment, without a correct pin, and insists the victim has either been complicit or negligent.



Kara Gammell says legal expenses insurance (also known as family legal protection) "is a cheap way for people to speak softly but carry a big stick."

"It often comes free with home insurance, but few consumers know about it."



"Borrowers are set to benefit from the price war breaking out in the credit market," writes Esther Shaw.

"Rates on personal loans have dipped below six per cent in recent weeks. Similar rates are also being offered on low-rate life-of-balance transfer cards." But only if you're borrowing more than £7,500.

Mortgage hangover will become a headache

YOUR MONEY

All the time house prices surged firmly ahead, as they did until the late summer of 2007, interest-only mortgages seemed a smart way of buying a home that was possibly bigger than you could otherwise afford.

Although borrowers only needed to find a monthly repayment to cover the interest accruing on their loan, they were confident that the inevitable house price rise would leave them with a fat profit.

That gamble has famously failed to pay off. As many older borrowers face a large debt at the end of their mortgage, banks are now writing to their customers to ask about

repayment plans. Some lenders might demand an early sale when a mortgage ends, though HSBC and Santander say this is only likely as a "last resort".

According to research by Xit2, the survey, valuation and asset management data specialist, some £116billion of interest-only mortgages (more than one million

in total) will mature by 2020, for which borrowers have no specified repayment plans in place.

Mark Blackwell, managing director of Xit2, said: "The large block of outstanding balances is a legacy of the high number of interest-only mortgages granted before the financial crisis.

"If lenders fail to help these borrowers find a repayment vehicle, it will come back to give them a nasty bite around 2020 when the big batch of high-LTV interest-only loans granted in the mid-2000s mature."

Many will be families on tight monthly budgets, with low household earnings and little to no life savings. With the economy

limping rather than running, many borrowers unable to pay off their mortgage before it matures will be stuck in arrears."

The pain could be worsened if rates rise between now and 2020; since mortgage rates nose-dived in 2008, pressures on the finances of many interest-only borrowers have been hidden.

Homeowners on interest-only loans might switch their debt over to an equity release loan, but with interest rates on equity release mortgages typically rolling up at six to seven per cent, this can be an expensive option for homeowners who live many years after negotiating the deal.

Jeremy Gates

Comment

If I did 'have it all' I wouldn't need to attend lectures

I'm not in the habit of attending symposiums but on Tuesday evening one of my good friends persuaded me to attend one with the title: *Can Women Have It All?*

I couldn't turn down the request to join her as she was so excited she had found a discussion based on the topic, believing it would be "a good night out for me".

A smoked herring tostado accompanied by a Day of the Dead cocktail at Wahaca – now that's a good night out.

As I trudged down to the South Bank, the ingrate in me silently cursed

my friend for her thoughtfulness and generosity.

I was already calculating the earliest time I could make my excuses and leave without offending. I figured about an hour.

As if the abysmal weather wasn't enough, I had played a precious grandparent babysitting card in order to attend the event too.

When I walked into the symposium I wasn't in the best of moods, made worse when I studied the other attendees. It was like a university lecture – the oldest

WORKING MUM



TABITHA RONSON

person probably the grand old age of 23.

Young women at the start of their life journeys. I was puzzled. Are young people really that organised that they need to know how to have it all at such an early age?

Hmm.

To be fair the symposium was interesting, not the fiery debate it was billed as, but it did raise some issues that resonated – such as child care allowance (how there should be more available); co-parenting (why is it mostly women who have to compromise their careers);

and self-esteem (why many women allow themselves to disappear after motherhood).

I looked at my child-free friend, feigning interest in the issues. She was pleased with herself for doing something she thought would be of value to me.

I gave her a little nudge and grinned. And I stayed to the end.

Working mum, knowing I haven't quite got it all but what I do have are some good friends around me, ones that look out and care for me, and yes, even source me tickets for somewhat strange symposiums.

POLITICAL NOTES & VIEWS

By Jim Fitzpatrick

We still have work to do to win election



Ed Miliband: Feat of memory

Ed Miliband's address to the Labour Conference delivered him a well deserved boost in the polls.

To speak for 65 minutes without notes, autocue or teleprompter, in itself was very impressive.

The mood in Manchester was businesslike, which reflected the party's lead in the polls. The latter days however were

overshadowed by the Government cancelling the West Coast rail franchise with First, another shambles!

Approaching the midpoint of coalition rule with Labour in front is encouraging but not convincing yet.

There will be two by-elections in the autumn in Tory held Croydon North. Both will be ones to watch.

Louise Mensch left for not being promoted and missing her family. My friend Malcolm Wicks, former Croydon North MP, sadly passed away. Malcolm was a very decent man by anyone's standards and respected across the House. He will be missed.

MP for Poplar and Limehouse



Health

How to keep the sniffles at bay

BROKEN noses and bones may be the most obvious peril for the Strictly Come Dancing team but what about the winter sniffles?

"There's nothing to beat a hot drink with a generous table-spoonful of manuka honey, which has natural antibiotic properties, and lemon juice," says Victoria Pendleton, the two-time Olympic gold medallist and world champion track cyclist.

"I take that at the first sign of a snuffle or a sore throat and keep drinking it regularly until I feel OK."

She also takes fish oil supplements, a source of essential omega-3 fatty acids.

"I also swear by regular hand-washing and using an antiseptic hand gel you can cut down the risk of picking up cold and flu germs by around 50 per cent."

Presenter Tess Daly says: "I use a B-complex supplement to give me an instant energy boost if I'm flagging. I rely on them if I'm really stressed."

Holland & Barrett Omega 3 Fish Oil, 1,000mg, £26.59 for 250 capsules; Milton Antibacterial Hand Gel, £2.19 for 100ml, Nature's Best B50 Complex, £8.90 for 60 tablets, naturesbest.co.uk.

Gabrielle Fagan

Listmania

Current best-selling games

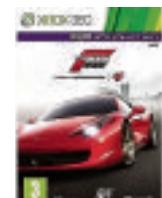
With a special edition of Halo 4 released shortly, and Fifa 13 causing mayhem, we look other games moving the charts

1



Sims 3 Supernatural
PC game
£27.99

2



Forza Motorsport 4
Xbox 360
£19

3



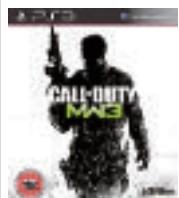
Guild Wars 2
PC game
£39.99

4



Madden NFL 13
PS3 game
£39.99

5



COD Duty: Modern Warfare 3
PS 3
£22.99

Tomorrow

We'll be wearing...

Hi-Fun gloves

"Call me!" you shout along the platform making the international gesture of phoning – thumb to ear, pinkie to mouth.



Now Hi-Fun have turned mime into reality with a selection of Bluetooth gloves that allows you to talk to the hand.

The gloves have speakers and microphones sewn in so you can keep warm, look slightly mad and still paw your smart phone.

They're coming soon, promise the firm, looking to retail at about £40. Go to hi-fun.com.

Today

App Of The Week



Go Cheese

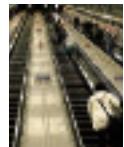
Another one of those games probably aimed at kids but perfect from the zombie commute back home. Maxwell Mouse has been taken captive and must escape a new maze on each level to keep himself ahead of the evil Dr Noodlestom. Play along as Maxwell, collecting cheese as you go, but be mindful not to scoff too much or your mobility suffers. Free on iTunes

Yesterday

By Wharfinger

Tube escalators

In October 1911, Britain's first escalators were introduced connecting the District and Piccadilly platforms at Earl's Court Underground station.



The earliest escalators ended in a diagonal so the stairway finished sooner on the right than on the left. People in a hurry wanting to take advantage of the extra bit of moving walkway stayed on the left and people who chose not to walk down on the right, hence the current overtaking procedure.

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WHARF(space)**123456**(space)Hi saw your ad would like to know more about u. Then send to 78850. It's that easy! (£1.50 per message sent)

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Guys Text n' Chat. Text in now and chat to local people.
Send : **CHATUP018** To : **65125**
(T&C's below)

ASIAN British lady, 44, 5ft 2ins, slim, kind, caring, loyal, seeks tall, good looking white guy, 42-48 for friendship, maybe more. Tel No: **0906 500 3729** Box No: **397833**

FEMALE seeking loving, kind, romantic, trustworthy male with good personality. Tel No: **0906 500 3729** Box No: **397737** 

SILNET 63, black, West Indian origin, seeks West Indian gent, 58-65 for genuine friendship. Tel No: **0906 500 3729** Box No: **397685** 

CARIBBEAN lady, genuine, polite, friendly, family orientated, caring and understanding, seeking white male, 45-55 for relationship. Tel No: **0906 500 3729** Box No: **397605** 

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CALL CHARGES*: 18+ ONLY 0906 calls cost £1.53 per min. Plus network extras. Mobiles will be considerably higher, calls are recorded and may appear on your bill. 033 calls are charged at standard network rate. **TEXT***: 88833 texts £1.50 per msg. Mobiles must be MMS/Wap compatible in order to use these services. If not contact your Network Provider. Text alerts are charged at £1.50 per week (3 x 50p billed msgs). To unsubscribe to text alerts, text **DATING STOP** to 63333. To cancel free match alerts, text **STOP** to 07781474042. For full T&Cs go to www.wharf.co.uk/termsandconditions. **18+** and above. The payer's personal info. Reply by Text: 88830 cost £1.50 per msg. Reply by post: £1.50 per msg. Texts are charged at standard rates. Texts to mobiles are charged at 6p per msg. All messages are checked and passed for safety sake before and after service. Some providers may charge a higher rate. Texts to 0844 447 0707. Texts to 0844 447 0708. Texts to 0844 447 0709. 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travel

Close encounters aplenty in trip filled with animal magic

UGANDA Golden jubilee is the perfect excuse, writes **Diane Pilkington**

Gingerly stepping off the ferry, I'm not sure where to look first. An elephant is grazing freely in the long grass behind me, while a cluster of warthogs busily bury their snouts in the ground nearby.

I have arrived in the heart of Murchison Falls National Park.

"Don't worry, they won't bite," a ranger says.

Decades of civil war and dictatorships, most famously the reign of Idi Amin, have kept Uganda largely off the tourist trail but it's emerging as a popular holiday destination, topping the *Lonely Planet's* list of places to visit in 2012. It is a special time – 50 years of independence will be celebrated this weekend in London.

Amin's troops devastated the wildlife at Murchison Falls but numbers are recovering and most large animals can be spotted here.

Covering 4,000km, the park is home to some 76 species of mammal and more than 450 types of bird, not to mention one of the most powerful waterfalls in the world.

There are numerous ways to take in the wildlife at the park, and after a hearty buffet at the lodge I embark on my first scheduled activity, a three-hour cruise on the Victoria Nile.

My hopes for the trip are modest – one sighting of a hippo would do. My expectations are far exceeded, as all along the river numerous schools of the creatures sit in glossy mounds.

As we progress along the Nile,

76
Species of mammal in the national park



A safari drive with Para Safari Lodge in Uganda

Why go to Uganda now?

"It is a special time – 50 years of independence will be celebrated this year."

the sightings keep on coming – water buffaloes basking in the reeds, a crocodile lying on the bank, kingfishers dive-bombing from a great height.

The main event doesn't disappoint either – we take it in turns to clamber onto a rock and pose for a photo with the spectacular Murchison Falls crashing into the Nile.

The next day, we swap water for dry land and set out on a drive through the grassland.

With the Blue Mountains of the Congo providing a misty backdrop to the rolling savannah, we are spoilt by the sheer numbers of animals that come within metres of our car.

Giraffes in their dozens roam languidly through the

acacia trees, herds of buffalo bask in the sunshine and scores of antelope skip through the grass.

Suddenly, a hushed awe falls over the jeep as stretched out in the middle of the road, is a young male lion. He rolls over and yawns, prompting a feverish clicking of cameras, and then lazily strolls behind the back of the car before sprawling out again.

As well as the animal adventures and stunning scenery on offer in the rest of the country, there are worthy sights in the capital city of Kampala.

A walk through the teeming streets is an eye-opening experience. Marabou storks circle overhead, straight from the pages of a children's book.

In the huge taxi park, street vendors peddling colourful sacks of fruit and veg vie for the attention of pedestrians amid a chaotic criss-cross of minibuses.

The elegant Khana Khazana restaurant, famed for its authentic Indian food, is worth a visit.

The Ugandan government has high hopes for tourism in the country, and aims to push the number of passengers travelling through Entebbe international airport up from around one million to 10 million a year.

I have seen just a fraction of what's on offer – and there's no better time to visit the Pearl of Africa.

TRAVEL TIPS UGANDA

Best for: Seeing lots of wildlife, including the big five (lion, leopard, rhino, elephant and Cape buffalo).

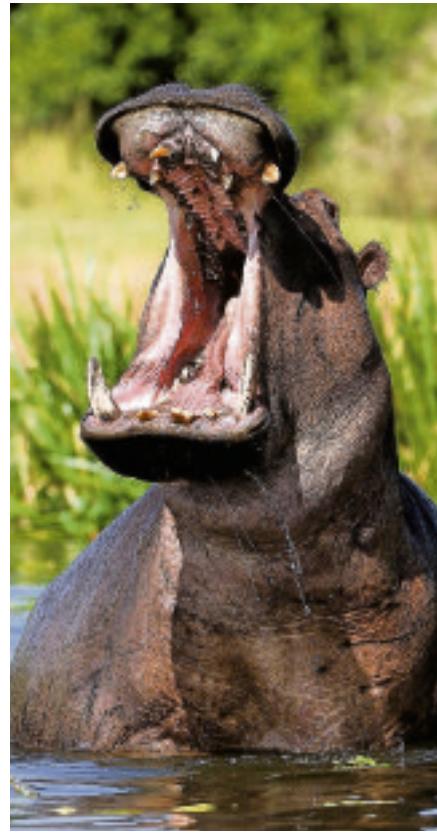
Time to go: Uganda is good all year round, but drier seasons are December to March and June to September.

Don't miss: Matooke, staple

dish made from bananas and served with bread and millet.

Don't forget: Mosquito repellent.

Need to know: Bring US dollars, and change them for Ugandan shillings in the capital, where exchange rates are better.



FACTS

Diana Pilkington was a guest on Qatar Airways' inaugural flight from Doha to Entebbe, with return economy class flights ex-Heathrow from £611.99 this month. Go to qatarairways.com

Rooms at Sheraton Kampala start at US\$155 a night (B&B). Go to sheratonkampala.com Rooms at Para Safari Lodge start at US\$125 a night (B&B). Go to paraalodge.com

Operators to Uganda include Explore Tailormade, which puts together bespoke Uganda itineraries. Its 15-day Unforgettable Uganda itinerary costs from £3,840 (land only) or £4,505 (including flights) and includes Kampala, Murchison Falls and a two-night stay at the Para Safari Lodge. Go to explore.co.uk

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1

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3

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Tourists visit Christ The Redeemer statue in Rio de Janeiro

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3
Actress Nicole Kidman arrives at the premiere of her movie *The Paperboy*

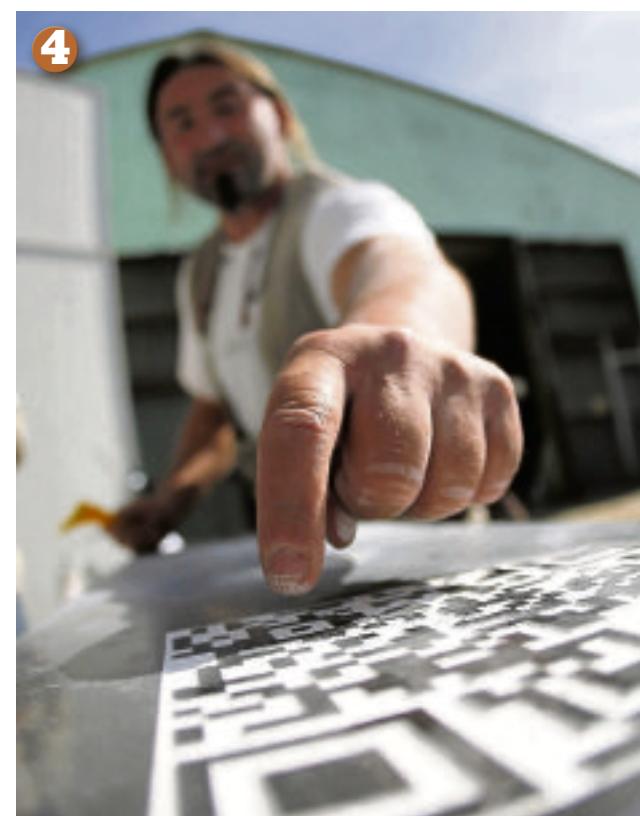
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German mason Timothy Vincent looks at a QR code engraved onto a gravestone

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You keep thinking about something which you cannot do anything about. You would be far better to put your energy into the things you can sort out.

PISCES

FEB 20-MAR 20

For more call 0905 817 2071
Jealousy and possessiveness are not casting you in the best light. Take a step back and look at the bigger picture and you'll see you can feel secure in yourself.

ARIES

MAR 21-APR 19

For more call 0905 817 2060
Family are making promises they may not keep. News on your career gives you reason to lay some important plans for your future right now.

TAURUS

APR 22-MAY 21

For more call 0905 817 2061
Trips away, which are planned at this time are not just about taking time out, but more about cementing a union in your life. Pay attention.

GEMINI

MAY 22-JUNE 21

For more call 0905 817 2062
You don't seem to be able to find time for yourself, which is a real shame considering you have such big decisions to make. Make the time now.

CANCER

JUNE 22-JULY 23

For more call 0905 817 2063
Games are being played in love and if you are not careful you are going to get your fingers burnt, as you're the one who's sending out bad vibes.

LEO

JULY 23-AUG 23

For more call 0905 817 2064
Something which you really thought was going to happen today has been interrupted. You're going to have to take the lead if you want completion.

PISCES

AUG 23-SEPT 23

For more call 0905 817 2065
Your element of earth is pushing you to ask for things you may come to regret. Things are pretty good as they are right now, don't you think? Lay back.

LIBRA

SEPT 24-OCT 23

For more call 0905 817 2066
News of someone you want to see could give you reason to back away. Find out all the facts or you could be missing out on a union of the lasting kind.

SCORPIO

OCT 24-NOV 21

For more call 0905 817 2067
Happy times can be found now that you've finally taken down some of those defences. What were you so afraid of? You've proved you have got what it takes.

SAGITTARIUS

NOV 22-DEC 22

For more call 0905 817 2068
Hope is in front of you, not behind. Stop looking to the past for answers it can't give you. What you're missing is the familiarity not the person. Move on.

CAPRICORN

DEC 23-JAN 20

For more call 0905 817 2069
Don't think you can pull the wool over everyone's eyes Capricorn. There comes a time when you have to throw in the cards and admit you're wrong.

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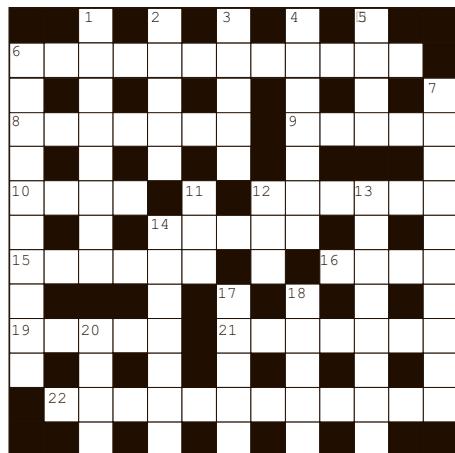
To be in with a chance of winning, just tell us the name

of the actress who stars in *On The Road* showing at Cineworld. Email your answer to newsdesk@wharf.co.uk with "Movie Night" in the subject line. The closing date for entries is October 19, 2012.

Include your name and postal address and the details and tickets will be posted to you.



Crossword



CROSS 1. Astonomical; 8. College; 9. Grasp; 10. Pet; 12. Paredes; 14. Datum; 15. Adonis; 16. Gene; 17. Larger; 21. Inherent; 22. Strathclyde.
DOWN 1. Siletto; 2. Poser; 3. Dogen; 4. Diagonal; 5. Lava; 6. Acceptable; 7. Apparendy; 11. Has; 12. Pug; 13. One of the; 14. Diminal; 17. Binge; 18. White; 20. Guts.

ACROSS

- Enormously large (12)
- Educational establishment (7)
- Seize and hold firmly (5)
- Walkway (4)
- Indian or Far Eastern temple (6)
- Fact (5)
- Handsome youth (6)
- DNA unit (4)
- Light beer (5)
- Receive by succession (7)
- At once (12)

DOWN

- Spike heel (8)
- Baffling question (5)
- Senior member (5)
- Drawing (7)
- Molten volcanic rock (4)
- Satisfactory (10)
- It appears that (10)
- Possesses (3)
- Small breed of dog (3)
- A few (3,2,3)
- Of or during the daytime (7)
- Housey-housey (5)
- Snooker ball colour (5)
- Courage (4)

Sudoku

EASY

	9		4	2	6			
3	6		7		8			
	2	8		3		1		
6	4			9		5	2	
	7						9	
5		1		2			6	3
			7		6		3	2
				1		5	8	4
				4	2	8		7

HARD

6			3			8		
1	3						6	4
			2		9			
	2			5			1	7
		5				8		
8	1			9			4	
			6		7			
3	4						7	9
7			1					5

In order to complete Sudoku, readers should fill in each of the grids so that every column, row and 3x3 box within the squares to the left contains the digits 1 to 9. No repetition of digits is allowed within any of the sequences. Why not time yourself and see whether you can beat your best with next week's puzzles?

The Wharf's Sudoku puzzles are supplied by sudoku-puzzles.net
For more free brainteasers including Futoshiki, Nonogram and Samurai, go to the website

Sport

IN BRIEF

Millwall run out convincing victors

RUGBY An expansive start for Millwall saw the Isle of Dogs team take an early lead against Clacton in their Essex League One match on Saturday.

But the home side came back strongly, with some impressive mauling at the lineout. It was to be Millwall's day though and a hat-trick from Tom Ronayne and scores from Renaz Refaithu, Karl Mitchell and Matt Rowland saw them comfortably home 10-32.

Millwall next host Maldon on October 20.

The club is recruiting at all levels. Go to millwallrugby.com for more details.

Worst performance of the season bites

RUGBY Errors on the field cost Blackheath dear as they stumbled to defeat against Sedgley Park 40-22.

The south Londoners broke down early, losing possession going forward and conceded an early try, which set the tone for the game.

Despite equalising rapidly, Blackheath remained on the back foot and were unable to stem the flow of points heading in the wrong direction.

Blackheath will now look to bounce back quickly when they entertain National League One leaders Ealing Trailfinders on October 13.

League's ups and downs sinking in

GETTY

CHARLTON

Rob Virtue

@wharf.co.uk

The rollercoaster nature of the Championship is becoming all too apparent for newly promoted Charlton, their manager Chris Powell.

In the space of a week the south-east Londoners were unlucky to only draw against Blackburn at The Valley before feeling unfortunate midweek to lose at home to strugglers Watford.

Almost expecting defeat to high-fliers Blackpool at the weekend, they turned the tables on the form book.

Despite the Tangerines scoring an average of three goals at home this season they failed to beat Charlton's Ben Hamer, while the Addicks' defenders Leon Cort and Chris Solly fired in goals for a healthy 2-0 win in the north west.

After the match, Cort said: "We were unfortunate in our last couple of games."

"We probably should have beaten Blackburn last weekend and we probably should have beaten Watford on Tuesday night."

"But everyone knows how the Championship is and you never know what's going to happen from one week to the next."

"We couldn't feel sorry for ourselves



Powell will have been delighted by beating Blackpool but results have been mixed at The Valley

because we'd just get punished every week. We just had to get on with it and put on a show.

"We just have to stand up and be men and get on with it, and hopefully we can carry that on now."

The Addicks return after the international break with a home clash against Barnsley on Saturday, October 20. Over 19,000 tickets have already been snapped up for the match, with prices reduced to £5 anywhere in the ground.

Docklands overcome London rivals

VOLLEYBALL

LONDON Docklands returned to winning ways with a hard-fought victory against local rivals London Lynx 2.

Andy Hopper's team came out on top in a 3-2 win which saw his club face former players Miroslav Gospodinov and Richard Shittu.

And it was those players who punished Docklands in the opening set and clocked up a 25-22 victory for Lynx 2. Docklands were inspired by their positive run of form in the closing stages of the first set and converted the positive energy into a 4-0 lead in the second stage.

Although Lynx 2 fought back to tie the set at 4-4, good net play by Alessandro Galli and Platon Vogiatzoglou helped Docklands to a 25-19 win. Momentum was now in full flow as Docklands took the third set 25-12.

But Lynx 2 were not going to give up without a fight and took the fourth 25-20, to take the match into its deciding phase.

Docklands started the set as they meant to go on, clocking up a 6-5 advantage on their opponents.

And two consecutive aces from Mark Baechli, coupled with a block by Tom Wenzel, were enough for Docklands to win 15-9.

Docklands face Birmingham at home, on October 20.

Weekend Flutter

RACING

■ The Group Two Dubai Challenge Stakes takes place at Newmarket on Saturday and it is worth taking a chance on Fencing bouncing back to form.

Great things were expected from John Gosden's colt at the start of the season, but a mixture of unsuitable ground, trips and luck in running have counted against him.

With an upbeat weather forecast for the week, he should

get the good ground he needs for the first time in ages.
Ed Quigley

FOOTBALL

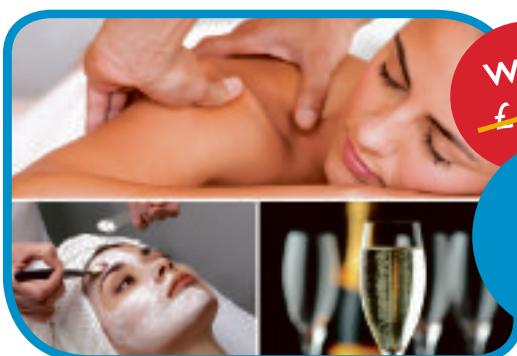
■ San Marino are rated the joint-worst team by Fifa and the best profit can be found in betting on England's winning margin at Wembley on Friday.

Double-figures is possible but splitting stakes on 7-0 and 8-0 could be the way to go.
Mark Langdon

For daily expert advice, top tips and the latest news from our experts go to racingpost.com

RACING POST

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Silver lining for Big Sam despite loss



Slipping away: West Ham's Mark Noble clutches at Santi Cazorla of Arsenal

WEST HAM

Irons boss finds plenty of positives in wake of home defeat to Arsenal

Giles Broadbent
@wharf.co.uk

Mohamed Diame's cultured 21st minute strike flattered West Ham in an eventful encounter with London rivals Arsenal at the weekend – but it was symbolic of a wider sense of luck and progress at the club.

The Irons remain defiantly in the top half of the table, easily the most assured of the promoted sides.

Although the 1-3 defeat to a confident and inventive Arsenal was a disappointment, it wasn't a crushing blow to the Hammers' campaign.

Particularly telling was the fact that by the end of the day, West Ham were only one place and one point below their talented neighbours in the Premier League table.

Manager Sam Allardyce had been busy playing down expectations before the sell-out fixture and drew from it plenty of positives.

Again, commitment, endeavour and busyness – personified by Kevin Nolan – were the foundation of the Hammers' display.

The fans were encouraged by the re-appearance of Andy Carroll, who was never



Boost: Carroll beats his man

frightened to put himself forward, and the (necessarily) stout defending.

Allardyce said: "We tried our best – that's all we can do. We weren't overrun. We might have been a lot worse off in terms of possession, that's obvious – but in terms of chances created and shots on goal, it was very close indeed.

"Whenever my teams have won against top teams in the past we have always punished the opposition when we had the opportunity."

Allardyce was full of praise for Carroll who worked hard to get on the end of a fusillade of long balls.

"That's why we've got him – he's an unbelievable player and he can only get better. For his second chance he outjumped the goalie. The goalie can use his hands to catch the ball but he goes and outjumps him.

"Anybody that doesn't fear Andy Carroll is foolish. As long as we can keep giving him the service I think he's going to be a tremendous asset."

Another international break gives Allardyce a chance to assess how his team is faring (eighth place is bite-your-hand-off territory) although he will be monitoring Carroll nervously as the striker joins Roy Hodgson's England squad.

The manager can look ahead to two fixtures later this month – home to Southampton and away to Wigan – from which he could confidently accrue at least four points allowing him to believe that the Irons could enter their next big name tie (Manchester City on November 3) brimful of confidence.

THE FANS' ROAR

By Ian Toal



Millwall Supporters Club



A just result for the Lions

ast Saturday's 2-1 win at home to Bolton Wanderers was a massive victory for the Lions – one that cost Owen Coyle his job.

The game had a proper Millwall atmosphere as the crowd responded to some bad refereeing decisions and the antics of opposition winger and pantomime villain Chris Eagles.

It was a just result as a Darius Henderson brace took the vital three points.

The emotion of the players and supporters was there for everyone to see when Henderson netted that 90th minute winner. He was mobbed by his team mates amid wild celebrations in the stands.

Before that winning goal, it looked for like we were in for another one of those all-too-common home games where we played well for an hour or so only to have the points snatched away.

Some key events started to point to recent painful history repeating itself. With Millwall 1-0 up, Henderson's strike

partner Chris Wood managed to miss a couple of good chances.

Bolton then snatched an equaliser from a soft looking free-kick on the edge of the area that went under the wall.

Later, a clear penalty for Millwall was waved away and then at the other end shortly afterwards, Eagles looked

"
The crowd were lifted by all this intense action

like he dived for a penalty. It wasn't given but he escaped a booking.

Then the referee decided he could not ignore another claim so soon after and the Trotters were awarded a spot kick.

Eagles stepped up to take it but thankfully had a Chris Waddle moment and smashed the ball into the upper tier. The home crowd celebrated.

To add to his misery Eagles had a comedy moment when he managed to control the ball straight into his mush and out of play, much to the delight of the home crowd who were falling about laughing at the winger's misfortune.

He still had time to stamp his mark on the game further by crudely going through the back of substitute Chris Taylor, but the referee somehow only deemed it only worth a yellow.

The crowd were really buoyed by all this intense action and the roof was lifted when Henderson and Keogh exchanged passes and Henderson cut the ball back across goalkeeper Bogdan leaving him no chance.

Sadly, later that evening, Bolton substitute Marvin Sordell took to Twitter to claim he had been racially abused by someone in the crowd and policemen stood by and did nothing.

We'll have to wait and see what comes from this allegation.

Regular club news updates at wharf.co.uk

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